



DOODLE IN  
SELF-CARE

*I take time for myself every day*

0 1 2 3 4 5

*I understand my needs*

0 1 2 3 4 5

*I let go of toxic relationships*

0 1 2 3 4 5

*My environment supports my goals*

0 1 2 3 4 5

*I partake in my hobbies regularly*

0 1 2 3 4 5

## Mostly 4's & 5's

Sounds like you make time for self-care and you know what exactly you need to make it happen!

- 1) What is your routine?
- 2) How will you maintain it?
- 3) Anything to add?

## Mostly 2's & 3's

It seems like self-care is not being incorporated as often as you would like! Time management helps!

- 1) Get a planner
- 2) Reprioritize
- 3) Set Boundaries

## Mostly 0's & 1's

Your score reflects little to no self-care. What's stopping you? Reflect & then start small!

- 1) 10 minute meditation
- 2) Follow @TitanWell
- 3) Color me!